

**In the Claims:**

1. (Cancelled)

2. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation phases and exhalation phases, the combination having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating [[a]] the human perceptible indication comprises generating an audible indicator by adjusting a musical tempo associated with a music score and incorporating the audible indicator into the music score.

3-7. (Cancelled)

8. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation

phases and exhalation phases, the combination having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating [[a]] the human perceptible indication comprises generating an audible indicator including an audible signal recitation of numbers 1 through 7 sequentially within the period having the center frequency of approximately 11.76 seconds, 1 to 7 denoting the inhalation phases and 7 to 1 denoting the exhalation phases.

9. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation phases and exhalation phases, the combination having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating [[a]] the human perceptible indication comprises generating an audible indicator by generating an audible signal including musical cues and incorporating the musical cues into musical scores at approximately 5.88 second intervals to identify the changes of the inhalation and exhalation phases of the breathing cycle.

10-13. (Cancelled)

14. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation phases and exhalation phases, the combination having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating ~~[[a]]~~ the human perceptible indication comprises generating a vertically oriented 13 segment visual indicator to identify the inhalation phases and the exhalation phases of the breathing cycle, the changes of the inhalation and exhalation phases, the progression of the inhalation and exhalation phases in time, and progression of the inhalation phases and the exhalation phases relative to the period having the center frequency of approximately 11.76 seconds.

15. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation phases and exhalation phases, the combination having a center frequency of approximately 11.76

seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating [[a]] the human perceptible indication comprises generating a visual indicator including a circular 7 sector visual indicator to identify the inhalation phases and the exhalation phases of the breathing cycle, the changes of the inhalation and exhalation phases, the progression of the inhalation and exhalation phases in time, and the progression of the inhalation phases and the exhalation phases relative to the period having the center frequency of approximately 11.76 seconds.

16. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation phases and exhalation phases, the combination having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating [[a]] the human perceptible indication comprises generating a visual indicator including a 14 stage vertically oriented elliptical indicator to identify the inhalation phases and the exhalation phases of the breathing cycle, the changes of the inhalation and exhalation phases, the progression of the inhalation and exhalation phases in time, and the

progression of the inhalation phases and the exhalation phases relative to the period having the center frequency of approximately 11.76 seconds.

17. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation phases and exhalation phases, the combination having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating [[a]] the human perceptible indication comprises an audible indicator and a visual indicator including indications of numbers 1 through 7 sequentially within the period having the center frequency of approximately 11.76 seconds, 1 to 7 denoting the inhalation phases and 7 to 1 denoting the exhalation phases.

18. (Cancelled)

19. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation

phases and exhalation phases relative to a period of time having a combination of the inhalation phases and exhalation phases, the combination having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating [[a]] the human perceptible indication comprises generating an audible indicator including a frequency modulated tone and a recitation of numbers 1 through 7 and wherein instructing the human to align the breathing cycle with the audible indicator includes instructing the human so that inhalation occurs coincident with increasing frequency of the frequency modulated tone and increasing number and exhalation occurs coincident with decreasing frequency of the frequency modulated tone and decreasing number.

20. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation phases and exhalation phases, the combination having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating [[a]] the human perceptible indication comprises generating an audible indicator by post processing at least one existing musical recording to shorten or lengthen a musical tempo associated with the at least one existing musical recording to

accommodate the period having the center frequency of approximately 11.76 seconds and the insertion of the audible indicator approximately every 5.88 seconds.